

# Educational Materials for the Public

## National Maternal and Child Oral Health Resource Center (NMCOHRC)

The [NMCOHRC](#) provides online access to an extensive array of oral health materials. The center collects programmatic materials such as standards, guidelines, curricula and reports, and shares information about their availability. It also develops and disseminates materials such as fact sheets, briefs, resource bulletins, guides, manuals, conference proceedings and curricula in print and electronic formats. It provides links to online continuing education courses and electronic newsletters and maintains information about grants offered by the Maternal and Child Health Bureau, Health Resources and Services Administration.

### Oral Health Fact Sheets

The following facts sheets, developed by the Oral Health program, contain easy-to-read information in a .pdf format. The free [Adobe Acrobat Viewer](#) is required to view them.

- [Brushing Your Child's Teeth\(English/Spanish\)](#)
- [Early Childhood Caries \(English/Spanish\)](#)
- [Facts About Fluoride Varnish \(English\)](#)
- [Facts About Getting Dental Care for Your Child \(English\)](#) and [\(Spanish\)](#)
- [Facts About Methamphetamine Use and Oral Health \(English\)](#) and [\(Spanish\)](#)
- [Facts About Oral Piercing \(English\)](#) and [\(Spanish\)](#)
- [Fluoride \(English/Spanish\)](#)
- [Food Facts for Healthy Teeth \(English/Spanish\)](#)
- [Oral Cancer Facts \(English/Spanish\)](#)
- [Pregnancy and Oral Health \(English/Spanish\)](#)
  - **New!** [Tips for Good Oral Health During Pregnancy](#)

The following new brochures can be downloaded from the [National Maternal and Child Oral Health Resource Center \(NMCOHRC\)](#) Web site. They provide parents and pregnant mothers with information about the importance of oral hygiene and oral health care, and are available in English and Spanish.

- [Two Healthy Smiles: Tips to Keep You and Your Baby Healthy](#) (and [Spanish](#))
- [A Healthy Smile for Your Baby: Tips to Keep Your Baby Healthy](#) (and [Spanish](#))
- [A Healthy Smile for Your Young Child: Tips to Keep Your Child Healthy](#) (and [Spanish](#))

*A Healthy Mouth for Your Baby* can be downloaded from the National Institute of Dental and Craniofacial Research Web site. It was revised in 2010 and covers the role of fluoride and oral hygiene in preventing tooth decay, infant feeding and nutrition, and the importance of having a dental visit by age one. It is now available in three formats: [English](#), [Spanish](#) and for [American Indian and Alaska Natives](#).

## **Early Childhood Caries (Baby Bottle Tooth Decay) Educational Materials**

These materials are available at no charge for agencies within Ohio (see [order form](#)). They are also in a .pdf format for printing from this Web page.

- The Facts about Baby Bottle Tooth Decay - Cup-shaped tear-off pad ([English](#)) and ([Spanish](#))
- The Facts about Baby Bottle Tooth Decay - Duck-shaped tear-off pad ([English](#)) and ([Spanish](#))

## **Other Sources of Oral Health Information**

The following agencies and organizations offer an extensive variety of other educational materials, many at low or no cost.

[American Academy of Pediatric Dentistry](#)

[The National Institute of Dental and Craniofacial Research](#)

[American Dental Association](#)

[American Dental Hygienists' Association](#)

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